

A PERFECT FIT FOR YOUR CHILD

FIT CAMP. Providing tools that will last a lifetime

KNOWLEDGE ★ SKILLS ★ CONFIDENCE ★ BALANCE



LOCATIONS THROUGHOUT SAN JOSE ★ FIND YOUR CHILD'S FIT TODAY ★ (408) 794-6289 ★ [SANJOSECA.GOV/PRNS](https://sanjoseca.gov/prns)

At **FIT CAMP**, your kids will develop a balanced approach of knowledge, skills and confidence to be physically active for a lifetime! Campers will learn healthy habits from our leaders who use evidence based curriculum. This summer, your kids will build friendships, grow their confidence, and benefit from outdoor activities and field trips.



*Parks, Recreation and
Neighborhood Services*

A PERFECT FIT FOR YOUR CHILD

FIT CAMP: Providing tools that will last a lifetime

★★★★ 2 WEEKS FOR ONLY \$299 ★★★★★
9:00 a m - 3:00 p m

Scholarships may be available. Check with your location.

At every two-week session, campers will have fun learning active new games, running through obstacle courses, cooking in the kitchen and competing in health trivia. Our camp leaders use evidence-based curriculum to teach information about healthy eating. Our camps encourage new, fun physical activities. Every week there will be a field trip to a local attraction. This summer, your kids will build friendships, grow their confidence and benefit from outdoor activities and field trips.



*Parks, Recreation and
Neighborhood Services*



Session 1: June 16 - June 27

Physical Physics: Laser Tag & Science Museum

Session 2: June 30 - July 11* (No camp on July 4)

Splash 'n' Spin: Kayaking & Biking

Session 3: July 14 - July 25

Karate 'n' Chop: Martial Arts & Cooking

Session 4: July 28 - August 8

Outdoor Adventures: Lake Cunningham & Hiking

**LOCATIONS THROUGHOUT SAN JOSE.
FIND YOUR CHILD'S FIT TODAY.**

**(408) 794-6289
SANJOSECA.GOV/PRNS**